



The Time is Now

Taking Control of

Your Health

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Taking Control

Making Lifestyle Changes that Last!

1. **Make a plan that will stick:** a map that guides you on the journey
2. **Start small:** Break down the goals
3. **Change one behavior at a time:** slow and steady process
4. **Involve a buddy:** accountability
5. **Ask for support:** accept support from others





Controlling Your Health

Developing a health plan and keeping track of the plan throughout the year.

- A health plan has detailed specifics on a starting point, goals, risk factors, and accomplishments.
- Health plans should be shared and reviewed with physician at yearly health maintenance examination.
- Keeping track of the plan is key, this helps one stay focused and goal orientated.
- Break the plan out into weekly exercise and meal plans
- If you Fail to Plan, You Plan to Fail





Controlling Your Health

Yearly Health Maintenance Examination: Maintenance examinations assess your risk for certain diseases. Shift the thinking process from treatment to prevention.

- Cardiovascular disease should be assessed at age 20 and then every 10 years after.
- Hypertension screening is recommended for age 18 and older.
- Diabetic screening is recommended for those with dyslipidemia and hypertension.
- Other screenings like breast, cervical and colorectal cancer are beneficial to anyone at risk and the general public.
- Health examinations assist with keeping track of immunizations.
- Screenings for psychosocial health is just as important as other screenings.





Opportunities in a Busy Workday

“You’re going to have to allocate your time wisely, so being conscious of what you’re doing automatically helps you to allocate your time more wisely. It’s not an easy thing to do since we’re pulled in 50 different ways and we’re requiring less people to do more than before, but you should still be conscious of what you’re doing. The question you should ask yourself each morning isn’t: ‘How many tasks can I squeeze into my allocated time?’ Rather ‘How closely can I use each second of the day to live my purpose?’”

Lavaille Lavette





Opportunities in a Busy Workday

1. Take an ownership mindset of your time
2. Identify your major “time debts”
3. Create a base schedule
4. Make automatic time investments

Week of Family Dinners

Mon	Breakfast for Dinner
Tues	Dinner of the Go
Wed	Cashew Chicken
Thurs	Family Pizza Night
Fri	Dinner Out
Sat	Broccoli Cheese Soup
Sun	Black Bean Enchiladas





Advantages of Taking Control of Your Health

1. Disease Prevention

2. Injury Prevention

3. Increased Energy

4. Good Mental Health

5. Increases Self-esteem



6. Improves longevity

7. Improves Sleep

8. Reduces Hospitalization

9. Maintains Healthy Weight

10. Reduces the Risk of Death





Halloween Candy Workout



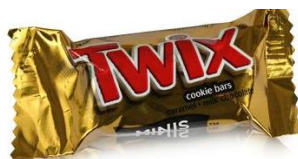
40 calories=10 Flights of stairs



60 calories=150 Crunches



63 calories=100 Push-Ups



80 calories=5 Minutes on Stair Climber



70 calories=10 Minutes of Elliptical



80 calories=50 Burpees



73 calories=15 Minutes of Yoga



85 calories=4 Minutes of TABATA



85 calories=200 Jump Squats



90 calories=10 Minutes of Spinning



50 calories=10 Minutes of Cardiac Circuit



63 calories=6 Minutes running at 6mph

